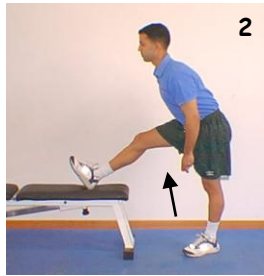


Components for a Safe Warm-Up & Cool-Down

Warm-Up

During the Warm-up the tempo of exercise is gradually increased thus preparing the body for the activity that follows. This will help your body prevent injury, workout longer, and in turn, burn more calories. The warm-up should last approximately 5 to 10 minutes and should consist of some type of continuous light aerobic activity. Some examples are: cycling, brisk walking, rowing or easy swimming. As a preventative step you should conduct a warm-up before doing either an aerobic or anaerobic (strength) training workout.



or



NOTE: For optimal results hold each stretch for 20 - 30 seconds repeat 2 - 3 times.



For additional information on this or any other health topic please call your **Health And Wellness Center (HAWC)**

DSN: 777-1215.

Stretches to AVOID!

Hurdler Stretch



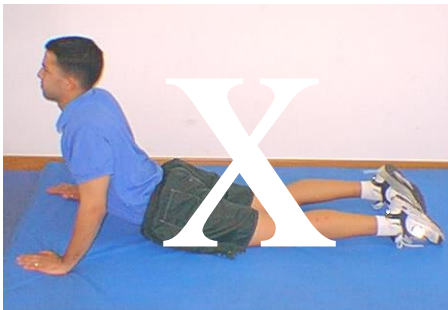
Stretches ligament and potentially tears cartilage in bent knee. Replace with stretches 2 or 3 from chart above.

Standing Toe Touch Stretch



Can cause un-natural stretching of ligaments in low back area and sciatic nerve. Replace with stretches 2 or 3 from chart above.

Cobra Stretch



Pinches disks between vertebra. Only recommended after clearance by Physical Therapist or Exercise Specialist. Replace with stretches 9, 10 and 11 from chart above.

Yoga Plow Stretch



Dangerous to cervical area of neck. C-7 only meant to hold up head, not total body weight. Replace with stretches 9, 10 and 11 from chart above.